

Islamic Studies

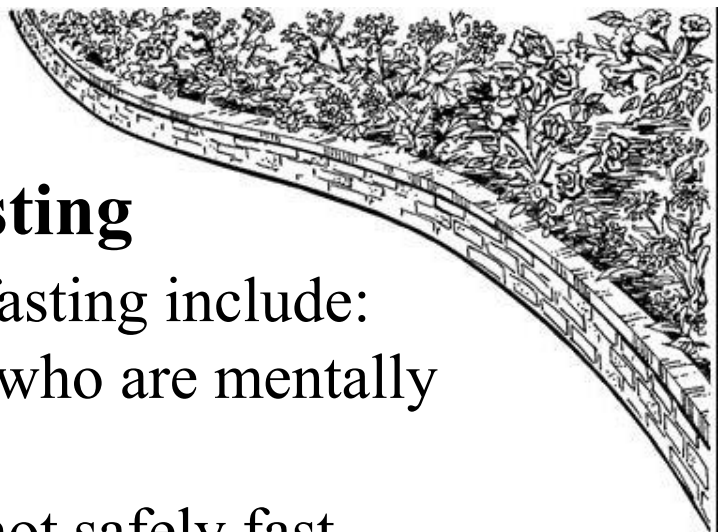
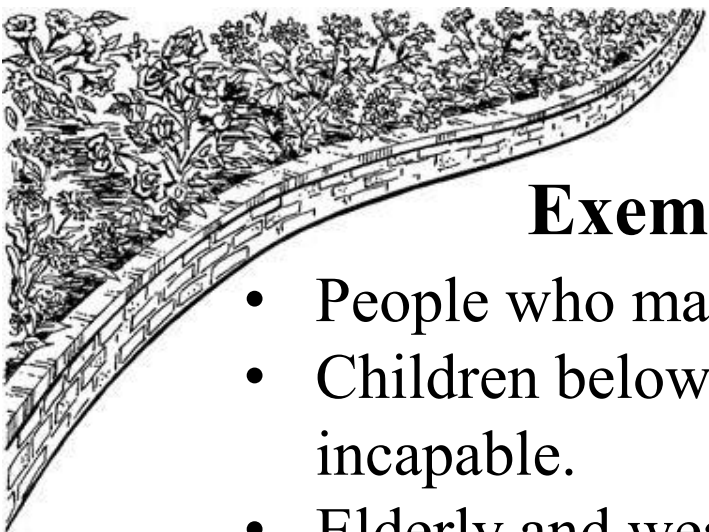
Pillars of Islam: Shahada, Prayer (Salaat)& Fasting (Sawm)



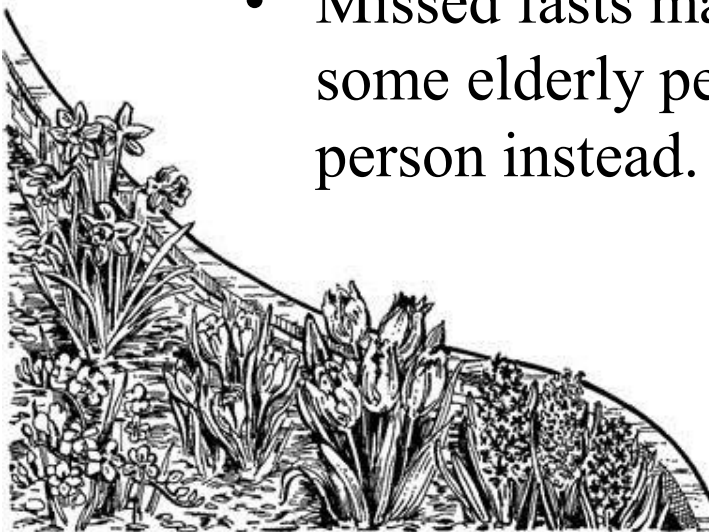
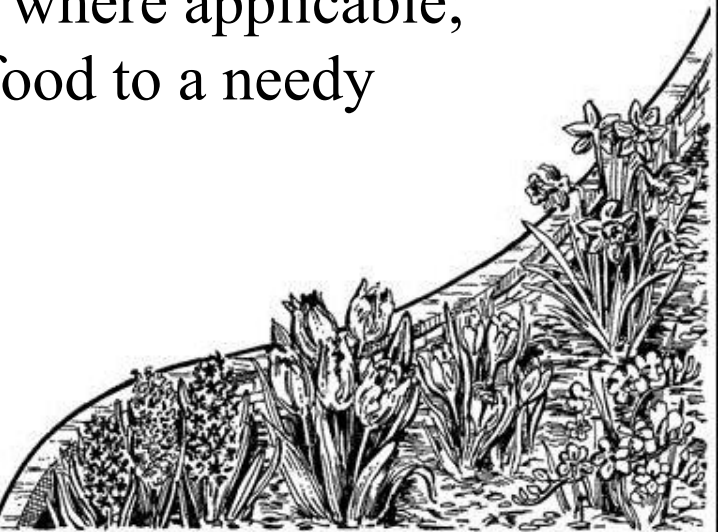
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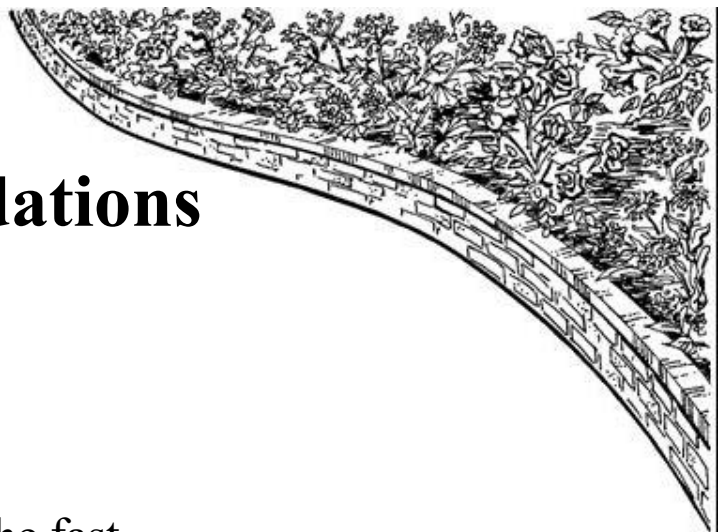
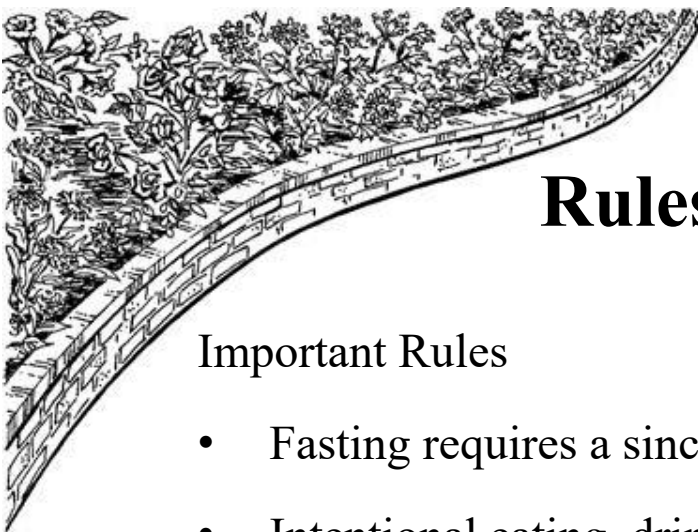
Identifying the categories of people exempted from fasting in Ramadan and explaining the proper conduct and recommended practices during the month.





Exemptions from Fasting

- People who may be exempt from fasting include:
 - Children below puberty and those who are mentally incapable.
 - Elderly and weak people who cannot safely fast.
 - Sick people whose health may be harmed by fasting.
 - Travelers may postpone their fasts.
 - Pregnant and breastfeeding women if fasting may harm them or their child.
 - Missed fasts may be made up later where applicable; some elderly people may provide food to a needy person instead.
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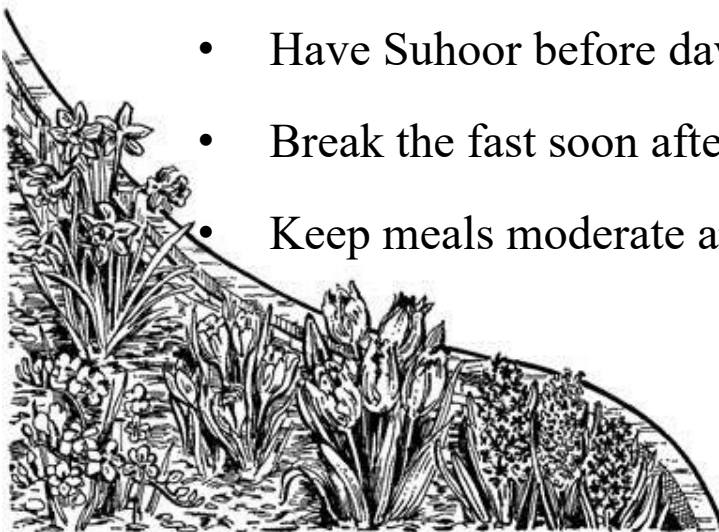


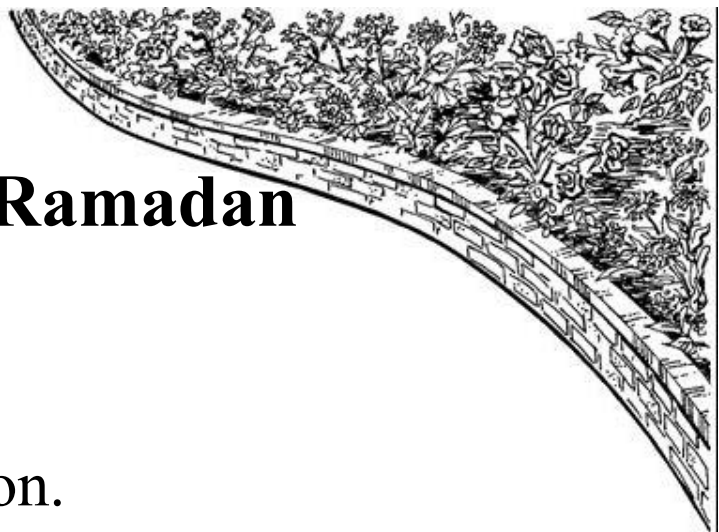
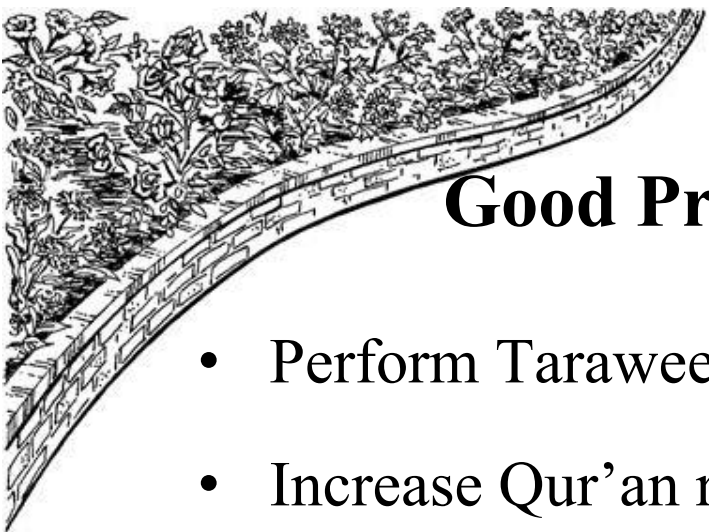
Rules & Recommendations

Important Rules

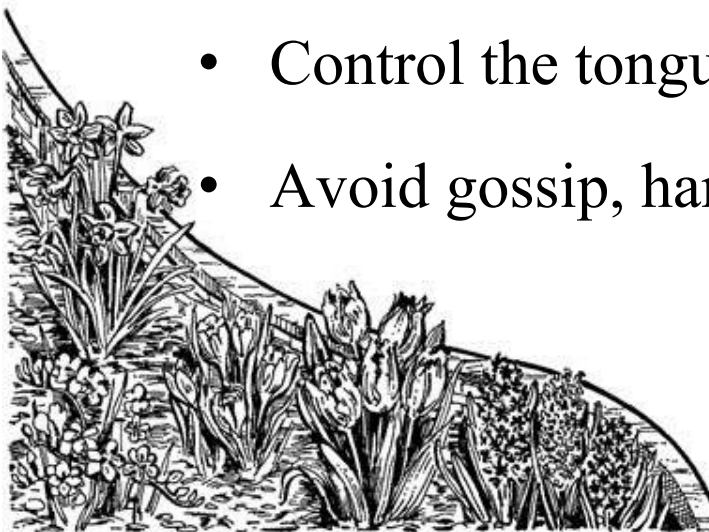
- Fasting requires a sincere intention (Niyyah).
- Intentional eating, drinking, or smoking breaks the fast.
- Forgetfully eating or drinking does not invalidate the fast if one stops upon remembering.
- Sadaqat-ul-Fitr is given before Eid-ul-Fitr.

Recommended Practices

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- Have Suhoor before dawn.
 - Break the fast soon after sunset with water or dates.
 - Keep meals moderate and light.



Good Practices During Ramadan

- Perform Taraweeh prayers.
 - Increase Qur'an reading and recitation.
 - Practice patience and humility.
 - Increase charity and humanitarian service.
 - Strengthen family and social relationships.
 - Control the tongue, senses, and behavior.
 - Avoid gossip, harmful speech, and suspicious actions.
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